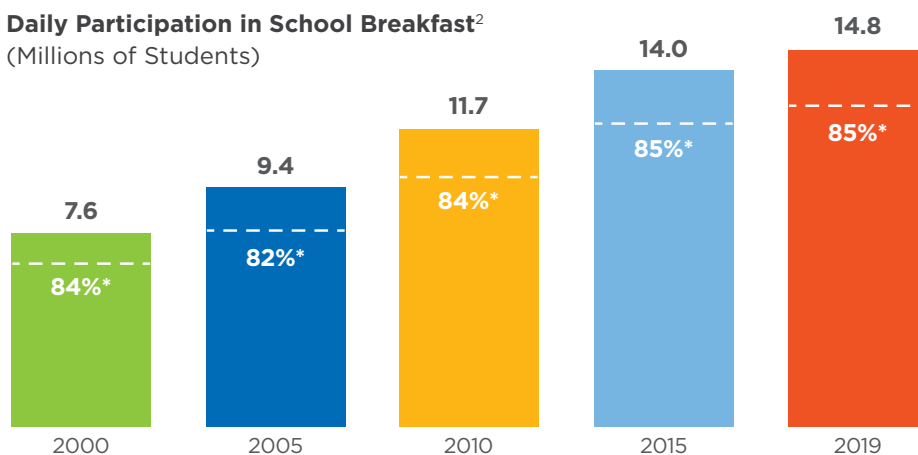


School Breakfast Matters

Reach of School Breakfast

School breakfast participation has doubled in just 20 years. By 2019, nearly 15 million children participated in school breakfast every day and 85% of them qualified for free or reduced price meals. One in seven children in the U.S. is food insecure¹ with much higher rates projected due to COVID-19. School breakfast reaches children who are most at-risk for food insecurity,² providing them vital nutrition to support mood, attention, and cognition.³

Daily Participation in School Breakfast² (Millions of Students)



*Percent of students who receive free or reduced price breakfast

Looking at the Science

Breakfast is linked with numerous health and educational benefits — including improved academic performance, increased school attendance, more focused classroom behavior, and better dietary intake.⁴⁻⁷

A systematic review of 45 breakfast studies⁸ showed that:

Students who eat breakfast have positive outcomes, such as

- ▶ Improved math & memory
- ▶ Better satiety, and
- ▶ Increased attention in class.

Nutritionally vulnerable children demonstrated the most substantial outcomes on their

- ▶ Verbal skills,
- ▶ Memorization, and
- ▶ Matching tests.



Breakfast & Brain Activation

Significantly higher brain activation is observed in the pre-frontal cortex when a nutritionally balanced breakfast is consumed. This area of the brain is involved in the control of emotion, mood, expectations, behavior, reward, decision-making, and cognition.⁹⁻¹⁰ Thus, a child who is fed a nutritious breakfast is likely to be more calm, focused, organized, thoughtful and ready to learn.

Call to Action: Help create awareness of the numerous health and educational benefits of school breakfast and encourage children to participate in the school breakfast program.



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